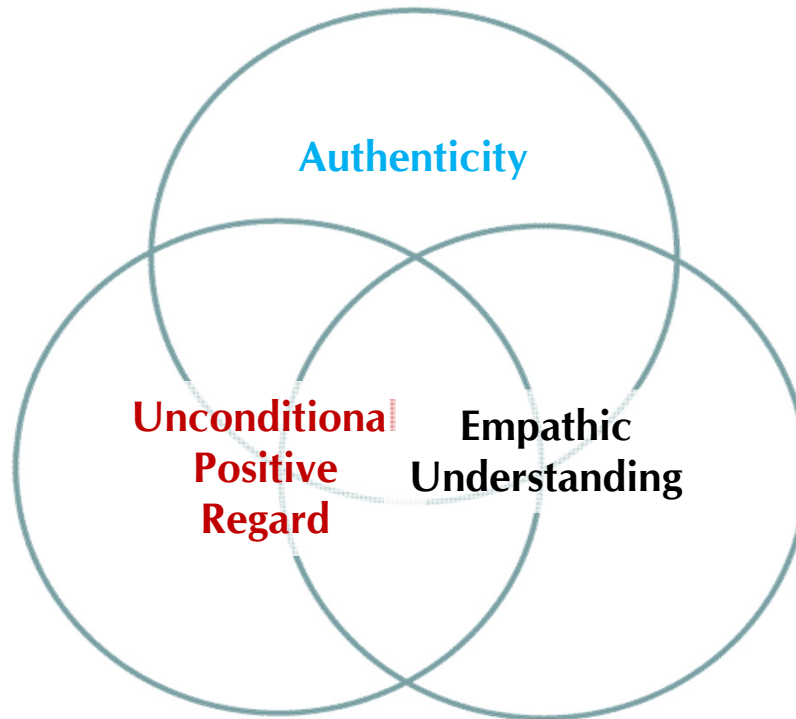




The Three Attitudes for positive relationships



1. Being **authentic** without facades or pretenses, not trying to impress or fit in, not projecting a role. You are open, honest, transparent, and present, basically “comfortable in your own skin.”
2. Extending **an unconditional positive regard**. You accept another as a person of intrinsic worth, exactly as he or she is, strengths, flaws and all.
3. Relating with **empathic understanding**. You step into another’s shoes, listening sensitively, losing all desire to judge, change, or fix the other person. Laying aside your own views and values in order to enter another’s world without prejudice.